In Clocha Rince National school we are trying to get the active flag this year. The active flag is a flag that schools can have raised in their school for trying to get everyone in the community, not just the school, to become more aware of being active throughout their day. This generation is on course right now to be the first generation ever to die 5 years before us. This can be prevented with the help of a more active lifestyle and better food choices throughout the day. In Clocha Rince we are aiming to beat our fitness test scores each month. We are also having ‘Wake up Shake up Wednesdays’ every Wednesday where the whole school will take part in physical activity in the hall for 15 minutes. The children run cross country on Wednesdays and Fridays and we have a football free Friday where the children have to think of other ways to get active, instead of using a ball, such as skipping, races, mini games etc. There is an active school committee and they’re doing a great job about promoting staying active in the school. The children are all really enjoying the Super Troopers initiative which is an active homework programme where the children have some active homework every night. In the next few weeks there will be a parents walking group set up for parents and other members of the community to walk with a group on Wednesday morning. Here’s hoping this will actively encourage our children to begin or continue an active and healthy lifestyle that they’ll adulthood.